Hamburger and Barley Soup

Ingredients:

- 1 ½ pounds lean ground beef
- ½ cup chopped onion
- 1 clove garlic, minced
- 2/3 cup pearl barley
- 3 to 4 medium carrots, diced
- 3 stalks celery, diced
- 1 (28-ounce) can tomatoes
- 1-2 cups diced potatoes
- 1 cup shredded cabbage (optional)
- 3 ½ to 4 cups beef broth
- 2 cups water
- 1 can tomato soup, optional
- 1 bay leaf
- ¼ cup minced parsley
- salt
- pepper

Directions:

1. Brown ground beef, onion, and garlic in a large skillet over medium-high heat; drain well.
2. Transfer meat mixture to slow cooker; add barley and remaining ingredients.
3. Cover and cook on high for 1 hour, then on low 5 to 6 hours.
4. Season with salt and pepper to taste and serve.

Nutrition Facts

Servings: 6

Amount per serving	
Calories	**170**
	% Daily Value*
Total Fat 2.3g	**3%**
Saturated Fat 0.8g	**4%**
Cholesterol 22mg	**7%**
Sodium 286mg	**12%**
Total Carbohydrate 25.8g	**9%**
Dietary Fiber 5.3g	**19%**
Total Sugars 5.1g	
Protein 12.4g	
Vitamin D 0mcg	0%
Calcium 85mg	7%
Iron 6mg	33%
Potassium 687mg	15%